



Supporting patients with their physiotherapy after cardiothoracic surgery

i Important information to help support patients requiring physiotherapy after cardiothoracic surgery.

About this booklet

The purpose of this booklet is to give you information to help support your relative with their physiotherapy after their surgery.

How to support a patient with their physiotherapy after surgery

Supporting a relative/friend after surgery has a positive impact on their recovery.

We understand it can be an anxious time for you and often difficult to know how best to support the patient with their recovery after surgery.

Here are some suggestions for how you can support the patient with their Physiotherapy:

- Encourage them to continue with their hourly breathing exercises (see overleaf).
- Encourage them to sit up in a chair – do not help the patient in or out of the bed, ask a staff member for assistance.
- Encourage them to carry out tasks on the ward independently, e.g. dressing /eating.
- Encourage them to walk regularly on the ward when they are able to do so independently. This will be assessed by a Physiotherapist.

If you are unsure about how best to help the patient with any of these points, please ask to speak to a member of the Physiotherapy team.

Please note: As we have open visiting, the patient may require physio from a member of our team during your visit.

Deep breathing exercises

Repeating one cycle of each exercise every hour

Deep Breaths:

- Inhale slowly through the nose.
- Hold for three seconds.
- Exhale slowly out of your mouth, e.g. a big sigh.
- Repeat three times.

Huff:

- Imitate steaming a mirror/ polishing silver / cleaning your glasses.
- Repeat three times.

Supported Cough:

- Use a towel for support over your wound.
- Cough and spit out any phlegm.

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